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## He Won't Spoil the Broth...

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# Vitamins Are on a Budget . . .

By Pearl Rock

"HOW will you provide sufficient food for sound nutrition at a lower cost?" is the challenge the American housewife has hurled at her today. "What shall we eat?" she asks as she studies prices, menus and literature for low cost foods.

To reduce food costs without sacrifice of sound nutrition, intelligent planning and wise buying are necessary. We must prepare simple foods well and serve them attractively. Good cooking can ruin or glorify many a dish. High standards in food necessitate careful preparation, not high expense. Let us discriminate carefully in the choice of food from all the brands and varieties that are available. To have the courage to try something new may be a real help in the food budget problem.

"Through simply a wiser emphasis in the daily choice and use of ordinary staple foods, there may result improvements in the vitality of the individuals or the family, all within the bounds of normal nutrition, but of very real significance for the maintenance of health or for recovery from disease," says Professor H. C. Sherman, one of America's best known chemists working in the field of nutrition.

Professor Sherman says that we should not look for quick results from improvement in human nutrition, as they are more likely to be fully apparent only when continued through the greater part of life.

Therefore the housewife will need to choose very wisely to provide the essential food which must supply energy for work and play, provide for the growth of the children, maintain health and build resistance to disease for the family. The everyday diet of a family should include a quart of milk for each child and a pint for each adult, two vegetables beside potatoes, one leafy variety if possible; some fruit daily, and fresh fruit at least three or four times a week; one egg for each child daily, and a minimum of three or four eggs every week for each adult; cereals, fats and sweets; additional protein foods, such as meat, fish, cheese, dried peas and beans. A good plan is to provide meat three or four times, fish once, and cheese, eggs, beans or peas once or twice a week as a meat substitute.

Milk is superior to any other food for bone and muscle building. It is the most inexpensive, and is the surest protection against nutrition deficiency. The less money there is for food, the more important milk becomes. Evaporated milk has all the important nutritive properties of the original milk, and is completely

safe. It can often be bought at low prices during special sales, and can be used in cookery to replace the more expensive pasteurized or raw milk. It is to be preferred to raw milk of questionable source. In some localities skim milk can be purchased at a very low price. It may be used in cooking if a good supply of butter is provided, for the skim milk contains the minerals and some vitamins, but lacks vitamin A, which is in the butterfat and which is essential to good nutrition.

Meats, fish, eggs, cheese, peas and beans are rich in protein, vitamins and mineral salts. Meat should be provided not oftener than once a day. It is well to use the comparatively inexpensive kinds, as they are just as nutritious. Heart, liver and kidney are especially

valuable for minerals and vitamins. Fish builds and keeps muscles strong, and should be served at least once a week. Salt water fish are rich in iodine, and are to be preferred if they are obtainable.

Vegetables are essential for health and well-being. They protect the body from many diseases, help prevent constipation, and help build the blood. Root vegetables are good and usually inexpensive. Tomatoes, either fresh or canned, depending upon the cost, should be provided two to four times a week. They furnish vitamins for growth, stimulate the appetite, and aid in digestion. An inexpensive green leafy vegetable should be provided two or three times each week. Potatoes when selling at a low price may adequately take the place of part of the cereals and bread. Allow them at least once each day.

Fruits in some form—fresh, canned or dried—should be eaten at least once each day, and, if possible, twice. They are  
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# He Won't Spoil the Broth . . .

By Margaret Stover

AS THE smartly dressed wife went out the front door of her equally smart new bungalow she called back over her shoulder, "Jack, I'll be bringing a guest for dinner; do have a nice one!"

And the point is that Jack was NOT the butler; he was the HUSBAND!

Absurd, you say, for the husband to be getting the meals? Why? Lots of them do and like it.

Have you ever helped your husband wash the car? You got a "bang" out of it, didn't you? Did it ever occur to you that your husband might get just as big a bang out of helping you, too?

Of course men have an inhibiting fear hanging over them. Someone might whisper the word "hen-pecked" in their hearing, therefore the tact of the situation lies with you, the wife.

Men are only human. They love to feel that they are doing something well that most men can't do. There's your first cue! Most men know a great deal more about cooking than their wives give them credit for. So give them a little leeway at first and see what they can do before they are urged on.

Most men have been on camping trips at some time or other; thus they know how to make coffee, better than you, perhaps, how to fry delicious eggs and bacon, and how to bake potatoes in ashes.

They really know how to do a good many things which women rarely give them credit for.

Then considering that your John, Bill, or Henry knows how to cook potatoes, bacon, eggs and coffee, let him try combining some of them. Don't suggest anything complicated right at first, but do be sure it looks complicated as a finished product!

For Sunday night supper have him crisp the bits of bacon, then scramble eggs in it and serve it on a gaily parsleyed platter, all while you set the table and make

tea and toast.

Then try him on Sunday morning waffles. Here's a simple recipe:

- 1 c. milk
- 1½ c. flour
- 2 eggs
- 4 T. fat
- 2 t. baking powder
- ½ t. salt

Just tell him to dump the liquid into the dry ingredients and turn him loose! Then you might intrigue him into using different flavorings in the waffles; orange maralade, pineapple jam or just plain pecans always make a hit with every man. And besides, it's **different!** After he's made them a few times he will acquire a skill equal to your own.

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## Our Poetry Corner

### Souls

My soul goes clad in gorgeous things,  
Scarlet and gold and blue,  
And at her shoulder sudden wings  
Like long flames flicker through.

And she is swallow-fleet, and free  
From mortal bonds and bars.  
She laughs, because eternity  
Blossoms for her with stars!

O folk, who scorn my stiff gray gown,  
My dull and foolish face,  
Can ye not see my soul flash down,  
A singing flame through space?

And folk, whose earth-stained looks I hate,  
Why may I not divine,  
Your souls, that must be passionate  
Shining and seift, as mine?

—Fannie Stearns Davis.

### Spring

What? Spring because a day is fair?  
Because a brook is flowing?  
Because a maple here and there  
A flash of red is showing?

Because the frost has lost a tooth  
And ice-packs jar and splinter?  
You call it spring because, forsooth,  
It simply isn't winter!

No spring has gladder signs than these:  
I'll know that spring is coming  
When lilacs bloom—when velvet bees  
In apple boughs are humming,—

When softer shadows fall aslant  
The fragrant meadow mazes;  
I'll call it spring when I can plant  
One foot on seven daisies!

—Arthur Guiterman

Honor and shame from no condition  
rise;  
Act well your part, there all the honor  
lies.

—Pope

## He Won't Spoil It

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Then the times comes for him to experiment. You do take a vacation now and then away from the family, don't you? Well, now is the time. In the few days preceding your trip you should casually (oh, so casually!) suggest dishes that he could prepare with little effort and big results. You can bet he'll try some of them at least, especially if there is a note of challenge in your voice! This would be a good time for him to try such things as pie crust, meat pie, escalloped potatoes, candied sweet potatoes, and "different" seasonings for already prepared salad dressing.

When you get back you'll find all the men at the office kidding him about the "swell" examples of his cooking he's been telling them about. Will he be embarrassed? Not much! He'll be as proud as Punch when you discover a left-over piece of pie in the ice box and exclaim in surprise over its unexpected goodness! And with just the right sort of tact he can be persuaded to prove himself further; and there you are, with a new first class cook right under your roof.

Then is the time to broadcast your success, or his, to the world. Do you immediately tell all your girl friends? No! Start first with just one or two of his own best friends. Invite them over, plan the meal, then let him get it while you get out!

Let it be an informal affair, possibly with the table set in the kitchen. Have a menu something like this —

Sirloin steak, mushrooms

French fried potatoes      buttered beets

cake (wife-made)

coffee

They'll like it! There will be a lot of good-natured razzing, but underneath those men-friends will wish their Sallies and Marys were as appreciative as "his wife."

From then on it's up to you. You provide the opportunities and he'll take them. Make your cooking a partnership business. Many husbands are proud of the fact that they always get Sunday night supper or holiday morning breakfasts. You provide the incentive and this next year will find many more wives with meal-time vacations.

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